

UNITY DAILY WORD

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Revealing to You
**Your Health, Prosperity, and
Happiness**

July, 1929

"Impersonalize Your Personal Devil"

"Happy Today, Happy Tomorrow"

"There's Only God-and-I"

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SILENT UNITY CLASS THOUGHTS

June 20 to July 19

The Christ mind fills me with the light of infinite joy and peace.

I am bubbling over with the joy of the Christ mind, and every nerve, muscle, and cell tingles with the Spirit of health.

I rejoice in the consciousness that God through Christ has given me access to inexhaustible spiritual substance, now manifest in prosperity.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Ave., Kansas City, Mo.

VISION

Looking within:

I do not fear things without.

Looking forward:

I do not look to the past.

Looking up:

I cannot be downcast.

THE DREAM SONG OF FREEDOM

ELIZABETH E. HARRIS

Back of your heart is a dream,
A dreaming of freedom, of joy;
Back of your soul there is God,
Good that is free from alloy.

"Open the door of your cage,"
Sings the free bird of the air;
"Tear down that wirework of guilt
And spread out your wings now and dare."

The dream that is back of your heart,
The longing, and urge, to make flight,
And God that is back of your soul,
Means poise, peace and freedom, and light.

Let go the bonds that have held,
Fling back the narrow confine,
And sing to the world your true song,
Your song that is God's song and mine.

IMPERSONALIZE YOUR PERSONAL DEVIL

THE ONLY difference between the words, evil and devil, is just one little letter. According to metaphysics, evil is simply a belief contrary to good and Truth. What has been called the devil is this evil belief acting as a personal being or as an evil personality.

In this age of enlightenment the world has pretty well freed itself from the old belief in a personal devil, a power working for evil in opposition to God, the good. We speak of a personal devil as the evildoer who was the terror of theologians of the past. At that time a disbelief in a personal devil was a mark of disloyalty to the Christian religion. Now we should consider a belief in the power of any entity which would set itself up as opposing God or Christ as a belief disloyal to the one and only Power in the universe.

In the last decade or so religion has given us a new interpretation of itself and of life. Looking beyond the theology and ecclesiasticism of the past we have found the religion of present-day enlightenment, the religion of Truth. The belief in a personal devil has changed entirely. Truth has revealed to us that there cannot be a devil, since God is alone in supremacy. However, the world still goes on believing in personal devils, even though they be of a different sort.

If a person does not rise in a business office as rapidly as he thinks that he should, he may

blame his failure on a personal devil. A co-worker who was formerly a friend is viewed with suspicion and alarm. It must be he who is working the mischief. Then the personal devil enters into the life of the suspicious person. Evil has taken on a personality and has become a devil. The false belief has been personified. When we want to make evil just a little worse than it is, the personal element in us personifies evil. What a creation!

The discussion of devils could not be a wholesome one, neither could the belief that they are at work in our midst be wholesome. Even as we have given clean white pages to a matter of inky darkness, so must we clear all inky beliefs from our thought and clear our minds of all belief that evil can interpret itself to us as a personality.

We are inclined to smile at the belief in witchcraft that prevailed in this country in colonial days. But, in this age, I have heard bright, intelligent persons voice a belief in personal devils that was an insult to present-day enlightenment.

Recently in talking to a woman who was not succeeding in her work because of a deep-seated belief that a certain person was working against her, I gave her this advice: "Impersonalize your personal devil. Cease thinking that any person is working evil in your life or could possibly do so. See these situations as having come about through your own adverse thinking and correct them through thinking

higher. Think Godward. In Truth you will find that you cannot succeed or fail through the machinations of another. In Truth you will learn that God alone can lift you higher and higher in your work."

Had this woman continued to try to help herself through concentrating upon the one whom she called a devil, she would have aggravated and intensified the situation. Why? Because she would have acknowledged to herself some power without herself. When a person acknowledges an external power he cannot resort to the almightiness of God within himself. This woman could not resort to the power of All-good so long as she believed in the influence of evil.

Possibly, if this woman were asked by her minister if she believed in a personal devil, she would answer emphatically, "No!" However, in her own consciousness, she held such a belief. She believed that evil personified was working against her highest interests. She believed that some external power was greater than the power of her indwelling Spirit. She believed that there was something besides the allness of God.

Sometimes it would seem as if the most cowardly attitude that a person can take is that of believing that his failure is due to the evil workings of another. Can you imagine God's creating man as master over everything in his world and then placing man at the mercy of all the other men in the world? Can you not

see that the whole matter of a person's belief in a personal devil of this sort is simply a matter of ignorance and unenlightenment on his part, which will remain until the light of Truth dawns in his consciousness?

If we believe in the power of any person to injure us we cannot enter into the great universal, impersonal consciousness in which we know the reality and the power of God. There is no doubt but that the mark of the overcomer is his ability to throw off what may be called personal thoughts—the beliefs that other persons can make him unhappy or can cause his failure.

Impersonalize your personal devil! Detach evil from personality and you will find that there is no devil. Remove your belief in evil from the person whom you have considered an evil influence and you may find that he is your best friend. If you just must personalize something, personalize some one with good and find, thereby, that you have been entertaining an angel unawares.

What a gloomy subject this subject of devils is! How laughable the whole thing is when the belief has been corrected in our thought. In these days of modern enlightenment—yes, days of electric lights—one never hears of ghosts. A simple turn of the light switch would reveal their falsity. And so just a light ray of intelligence scatters the belief in personal devils. Let us start today and see how many angels we can find.

HAPPY TODAY, HAPPY TOMORROW

DO YOU WISH to have a happy tomorrow? Then make your today a happy today. When tomorrow comes it will be but another today. So if you take advantage of each today and make it a happy day, there will not be any unhappy tomorrows. Many persons live in some sort of belief that, regardless of today, tomorrow will bring happiness. They need to know that they can live today only, and can be happy today only. In the timeless time of Spirit there is no future; there is only the glorious now.

There is really a philosophy of happiness. This philosophy consists of the wisdom and knowledge of Truth. Knowing the great universal Truth of life, we become happy. Knowing that nothing of the external world can mar the happiness of the inner spiritual life, we are rewarded by happiness.

Happiness comes by laws truly scientific. Happiness results when we are conscious of the great first Cause, God. When we realize that God is the cause of all our joy we find that joy appears in our lives.

One of the deep secrets of being happy is this: Learn to be happy regardless of external things. If a person learns the little mental trick of refusing to let things, persons, and events make him unhappy he will have discovered the way to happiness. He will give freedom to wellsprings of joy within him. His

joy will be constant, unaffected by external things or happenings.

Do other persons seem to decrease your joy? Do you have the experience of starting the day filled with the consciousness of joy and then have some one say or do something that seems to take all the joy out of your life? You can easily see that you have this experience because you think of other persons as having power to diminish your joy.

Do things of the outer world distress you? Do poor telephone service, automobile mishaps, or slow street cars have the power to take your joy from you? Does matter seem to have more power over you than the Spirit of joy within you? If you are impatient and unhappy over some of the little mishaps in life, know that your freedom is at hand. Joy will release you from the perhaps thousand and one things that have held you in bondage. If you have the real joy of Spirit, you will see the little mishaps in life decrease and diminish until they do not exist. In the joy of Spirit they never have existed.

Do events, circumstances, and situations of the day seem to rob you of joy? Have you empowered them to take your joy from you through your belief in their power? Remember that this must be a joyful day. It must be your happiest day. You are learning now to live in the today and not in the tomorrow.

Will today be a happy day for you? Yes, if——. Today will be a happy day if you do

not think of persons, things, and circumstances of the external world as having power to rob you of joy; if you realize that the very fountain of joy is within you; if you know that your joy is constant, unaffected by what men say or do. If your happiness is centered in the joy of Spirit within you, this will be a happy day.

Sometimes, if a person has allowed himself to live without joy for some time he needs to take some step to help the wellsprings of joy to flow in and through him. The person who has lived without joy must find some way in which to express his joy. He must find some occasion when ordinarily outer things would disturb him to demonstrate to himself the power of joy within him. Instead of thinking of external things as making him joyful, he must know that his power over things of the external world causes him to express joy.

We can see that the right metaphysical concept of time and place has a great deal to do with helping us to be happy. If we live in the tomorrow instead of in the glorious now we let the belief in time rob us of the joy that we might experience at the present moment. If we live in the thought that joy is without us, that it changes according to the status of external things, we let the belief in space and place deprive us of the joy of the inner life.

Our happiness today depends upon our making each succeeding moment of the day a moment of happiness. If we would be happy tomorrow we must not delay our happiness

until tomorrow. We must be happy right now. Tomorrow will be a happy day only as it shall have been a happy today.

We just know that *Unity Daily Word* students are the happiest people on earth. But, even the person who knows the philosophy of happiness must keep practicing it. The quarter of a million students and readers of *Unity Daily Word* can do a great deal of missionary work in spreading the gospel of happiness among those who are living in the darkened lands of despondency. Keep your hearts light and radiant with the good news of happiness.

There is no doubt but that joy is underestimated as regards its power to heal diseased bodies and to resurrect failing businesses. Joy is truly magical. It has power to cast out fear, disease, and poverty. By its magic, joy relieves stagnations in the body and causes new blood, new nerve energy, new life to flow. In the same way it causes new life to become active in business and in finances.

Happy today? How can you be otherwise?

Happy tomorrow? Yes, and happy all the rest of your life, if you make each day a happy day. The tomorrows will take care of themselves and when they appear as the todays they will be happy days.

Happy right at this moment? Happy that you know that joy is right at the center of your being? Yes, we know that you must be happy, because the Spirit of joy within you is even now stirring you to joy and happiness.

YET IS THERE TIME, MY SOUL

WINNIFRED WAY WENCKE

Up, up, my soul, no longer bow,
But to the heights draw near;
Illumine all your days with love;
Try faith instead of fear:

Yet is there time, my soul.

Do unto others only good
As you would have them do;
Into the fabric of your days
Let love be woven through:

Yet is there time, my soul.

Win peace, my soul, 'tis God's free gift;
Oh, haste to claim it thine!
Rejoice and climb to sun kissed heights;
Draw near to things divine:

Yet is there time, my soul.

MONDAY, JULY 1

Today's Inspiring Word: *I go forth in the consciousness that I am now in possession of all to which I aspire.*

SHAKESPEARE says, "Assume a virtue, if you have it not." If we would find ourselves in possession of any virtue, any characteristic, anything that is worth while, we must enter into the consciousness of being in possession of it.

As students of metaphysics we know that when we enter into the right consciousness we make the demonstration: when we enter into the consciousness of possession, we find the thing we would possess. The delay in demonstration is simply a delay in reaching this consciousness.

There are two parts to prayer: aspiring heavenward and, also, entering into the realization that the prayer is answered. Many persons do not give much thought to this second part. They expect their prayer to be answered without their making contact with the answer beforehand.

Begin today living just as if you had the thing you most desire. Will you be living a falsehood? No, not if the thing is to be yours. If it is to be yours, it is yours even before it manifests.

The prayer that expresses itself in action is the prayer that is answered.—*Unity calendar for July.*

TUESDAY, JULY 2

Today's Inspiring Word: *Within me lies the kingdom of peace, love, health, and plenty.*



HAVE you found the realm of all blessings within you? Have you discovered that you have within you the source of all good things and even the very things themselves?

Within you is the power to make this kingdom manifest. Of course, you must find it first within you.

A person should never think of heaven as something apart from him or as lying in the distant future. He should not think of himself as powerless to cause heaven to appear in his life. He should know that God in the midst of him is the very essence of heaven. As a person realizes the truth about heaven he finds that heaven appears. He realizes that in Truth there has never been anything but heaven, and he finds himself in the very midst of it.

Heaven is the sum of all good. It consists of peace, love, health, and plenty. In heaven there is no absence of these. There can be no disorder, inharmony, hate, fear, disease, or lack to the one who is established in the truth that heaven is in the very midst of him and he is in the very midst of heaven.

Neither shall they say, Lo, here! or, There! for lo, the kingdom of God is within you.—*Luke 17:21.*

WEDNESDAY, JULY 3

Today's Inspiring Word: *I am not afraid of other persons. Christ in me is not afraid of Christ in them.*

LET us forever erase from our minds all fear of other persons. Instead of thinking of them as having power over us, power to control us or to injure us in some way, let us think of the Christ within them as always ready to serve and to love us.

There is something within us that is never afraid, something within us that is never shaken or disturbed by what others think, say, or do. Do you know what this something is? It is our divinity. It is that within us that relates us to God. It is the Christ.

If we cease to look upon other persons as related to us in a personal way we help ourselves to rise above personal consciousness. If we think of the Christ within us as one with the Christ in all others we establish a bond of love, unity, and fearlessness. There is nothing in all the world of which we can be afraid when we rise above the belief in fear and above the belief in the power of external things and persons to harm us.

Abiding in the consciousness of the inner Christ we are fearless and courageous. We go forth in the courage of Christ within us.

Be not afraid of their faces: for I am with thee, to deliver thee, saith the Lord.—*Jer. 1:8 (A. V.)*

THURSDAY, JULY 4

Today's Inspiring Word: *I free myself from every self-imposed limitation. I am free in the realization that the Truth of Christ has set me free.*



DECLARE your freedom today. If you have felt yourself in bondage to limitations, felt yourself circumscribed by restrictions, prevented from giving freedom to the urge of Spirit within you, declare your freedom.

You will find that you have been in bondage to your own beliefs. You have felt that you could not do the thing that Spirit urges you to do. Possibly you have thought that others prevented you from doing the thing that you long to do. Know the truth and declare your freedom. When you have erased from mind all belief that you cannot do what you want to do you will find your freedom and your innate power to perform.

The truth of Christ set man free from all self-imposed limitations. Jesus came to help man to unbind himself. Man was bound to unhappiness, disease, and poverty before the Christ Truth was given to him. When he realized Truth, he discovered the truth of his freedom.

Jehovah hath anointed me . . . to proclaim liberty to the captives, and the opening of the prison to them that are bound.—*Isa. 61:1.*

FRIDAY, JULY 5

Today's Inspiring Word: *The peace of God pervades my mind and I am peaceful at all times.*

IF A person is irritable and inclined to be out of harmony in his relation to others, he should seek to establish himself in peace. He should know that he is disturbed not by things of the outer world but because he lacks a certain inner peace. That is, he lacks consciousness of this peace.

External conditions either affect us or fail to do so, according to our ability to be disturbed by outer things. When a person is established in the peace of his own spiritual might and dominion, he finds that nothing external can confuse him or rouse his anger.

When we are established in peace—the peace of God within us—nothing can disturb us. Persons, things, and circumstances lose their power to make us uneasy. The outer world seems to be hushed by the powerful peace of God within us.

God's will for us is perfect peace. Knowing Truth, we find that peace is at the basis of all demonstration. When we seek to make a demonstration, our first step is peace—unity with God within us. When this is attained, the demonstration is virtually made.

Now the God of peace . . . make you perfect in every good thing to do his will.—*Heb. 13:20, 21.*

SATURDAY, JULY 6

Today's Inspiring Word: *I am patient with myself, my work, my associates, my relatives, and my environment because all of these are governed by the God of peace, order, justice, and success.*

IMPATIENCE, when analyzed, shows itself as based upon a certain lack of understanding and trust. Lack of patience, therefore, is based upon a negative condition. Patience is positive, since it is based upon Truth.

If a person is impatient with himself—his endeavors, his work, and his progress—he shows that he is not established in understanding. Knowing the truth of his innate ability to progress, he cannot be impatient with himself. If he realizes that in Truth he must always be going forward, always be doing right, he naturally conforms his life to the standard of Truth.

To develop patience we need to turn our thought to the mighty stillness within us that is never disturbed by outer events, by beliefs in future disaster, or by external situations. At the center of our being is the very peace of God. We can turn from things of the world and find peace there at all times.

The Lord God direct your hearts into the love of God, and into the patience of Christ.—*II Thess. 3:5.*

SUNDAY, JULY 7

Today's Inspiring Word: *All thought of death is wiped from my mind. I am determined to live an abundant life, which is God's will for me.*



DEATH is not God's will for man. In man God seeks to express more of His life. Life, then, is of God and it is God's will that man live and express His own abundant life. Through failure to know this great truth man severs connection with life.

If we would have a stronger hold on life we must release all belief in death. We must cease thinking of death as related to us in any way. If we would demonstrate life, we must think of life. There is no reason why a person should not develop a stronger consciousness of life as he grows in years.

As we meditate upon life, the very life of Spirit at the heart of our being, we find that our consciousness of life increases. We strengthen our hold upon life. We increase our realization that life is constant and eternal, mightier than man's belief in death.

Living in the realization that God's life is our very life, we grow into such a consciousness of life that we are alive forevermore.

As I live, saith the Lord Jehovah, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live.—*Ezek. 33:11.*

MONDAY, JULY 8

Today's Inspiring Word: Every day I see new evidences that God is blessing me. The richest blessings of heaven are poured out upon me.

BLESSINGS are around us everywhere. They are our blessings, ours to enjoy. They are God's blessings to man, His blessings to us. As we grow in the realization of their presence we find that they increase.

If you should feel that you do not have any blessings in life, just get quiet and try to find at least one blessing, one thing for which to be thankful. When you find this one you will discover that you are in the consciousness of blessings. Your finding the one blessing will help you to find others. Finally, you will realize that your life is filled with blessings.

One of the greatest blessings that come to us is the understanding of Truth. What can be a greater blessing than for man to know his real relation to God and to the universe? This knowledge gives him a new view of life.

The blessing of understanding is followed by the blessings of love, health, and plenty. Thus, we can see, by a progressive process our lives become filled with nothing but blessings.

Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with every spiritual blessing.—*Eph. 1:3.*

TUESDAY, JULY 9

Today's Inspiring Word: *In the great unity of Spirit I am at one with God within me, one with loving friends, one with bountiful blessings.*



WE COME to the realization that in the great universal Truth of being we are never separated from God or from that which is for our highest good. Only in ignorance or in failure to realize Truth can we have any sense of separation.

In the great universal scheme of things, everything is united. There are no separations or divisions or differences, except as these exist in the unenlightened mind of man. In Truth there is only unity; unity between man and God; unity between man and life, love, health, and plenty.

If we feel a sense of separation from that which we desire we need only to correct our thought: to deny the belief in separation and to realize the truth of unity. We make the connection between ourselves and that which we desire when we realize that the connection exists.

If you would be unified with the great and good things of the universe, think often of universal unity.

Jehovah said, Behold, they are one people . . . now nothing will be withholden from them.—*Gen. 11:6.*

WEDNESDAY, JULY 10

Today's Inspiring Word: *Looking through perfect eyes—my perfect, spiritual eyes—I behold a perfect, spiritualized world.*



IF WE would see the world devoid of ugliness, fear, hate, disease, and lack, we must look at it through eyes of Spirit. We must clear our vision of all limitations if we would see the world freed of limited beliefs. We must look through eyes of Spirit and see a world of beauty revealed to us.

We should give up every belief that our eyes are weak or unhealthy. In the sight of God our eyes are strong. God created us perfect and gave us power to behold the world of perfection, His world. God, who is "of purer eyes than to behold evil," has created His son, the perfect man of God, like Himself, and has given Him perfect vision.

Understanding the truth of God we are enabled through the eyes of Spirit to behold this truth expressed everywhere about us.

Looking through eyes cleared of all sense of materiality we behold the world of God identified with all the blessings of God. By clearing our vision we behold perfection in manifestation.

He looked stedfastly, and was restored, and saw all things clearly.—*Mark 8:25.*

THURSDAY, JULY 11

Today's Inspiring Word: *All tendency to be doubtful or faithless is wiped from my mind. Inherent within me is the power of faith—faith in God, the good.*

DOUBT shows a lack of faith: little faith in ourselves, in God within us, in humanity. If we are inclined to doubt a great deal we may know that we have developed little faith. If we are pessimistic about the outcome of events we may readily know that we lack the measure of faith that creates optimism and brings success.

We often notice the difference between the successes of two persons, and we can easily account for such a difference as being one of faith. The person who feels the stirring of faith within him at all times is simply impelled to progress and to succeed. Nothing seems to be able to thwart his purpose.

Faith, then, gives us a tenacious hold upon the power of God within us, as well as a hold upon ourselves, upon our own powers.

Faith is sure to bless us because it unifies us with that which brings blessings. The faithful person is sure to have more happiness, more friends, more health, and greater prosperity than the one who is doubtful. Faith, then, is often the key which unlocks treasures for us.

A faithful man shall abound with blessings.
—Prov. 28:20.

FRIDAY, JULY 12

Today's Inspiring Word: *The perfection of God, my Father, is expressed in me, His son, and I manifest perfection in all my ways.*

IF WE look away from the limitations and imperfections of the personal or physical man, we in some degree appreciate the perfection of the real or spiritual man. We could not realize our perfection if we kept our attention on imperfection. In order to realize the perfection of the sons of God, for such we are, we must often think of the perfection of God, our Father.

Do not think of any imperfection that you may have as coming from your heavenly Father. Remember that God created you perfect and in His sight you are now perfect in all ways.

Think of the most ideal and perfect man possible. Do not be limited in your thinking of perfection. Make the picture as perfect as it is possible for you to make it. Now realize the fact that in Truth, you are this perfect man, this perfect son of God. Knowing this truth, can you ever again think of yourself as limited? To be true to God you must be true to this high ideal and vision of perfection. You must see yourself as perfect at all times.

He is the Rock, his work is perfect: for all his ways are judgment: a God of truth and without iniquity, just and right is he.—Deut. 32:4 (A. V.).

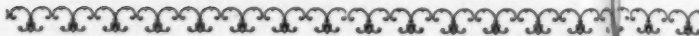
THERE'S ONLY



In all this world so large, so old, there's only
For God, the good, we know, is here—and
There's only good in all my world, for God
And God, the real, the good, the true, the

Are there no persons in my world? Are
There're only sons of God, Dear Heart, and
In them God now shows forth Himself, so
And everywhere I look I see God smiling

And I am just a part of God, so really true
Since God is indivisible, with Him I'll all
But, knowing God's my great I AM, on Him
And be content to know, with Him, There



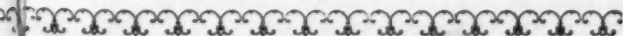
Y GOD-AND-I



There's only God-and-I,
Here—and there—the low, the high;
And, for God exists alone,
He true, rules now upon His throne.

And? Are there no people there?
Heart, and they are everywhere.
Himself, so God is all I see,
And smiling back at me.

Really there's no "me"—
For I'll always be;
And on Him I will rely
For There's only God-and-I.



SATURDAY, JULY 13

Today's Inspiring Word: *In my world, God's world, there is no place for evil. God, the good, fills my world and good is on every hand.*



OUR WORLD becomes to us just like our thought about it. If we give a great deal of effort to thinking about evil, we naturally believe that evil has a place in our world. The evil of the world of illusion becomes visible to us when we look for it through worldly eyes.

In Truth, there is only Truth, only God, only good. In Truth there is no place for any belief in falsehood, evil, or its appearance in any form. If we consider God as reality and consider good as the nature of God, then there is no place for the belief that evil can have being, place, or reality in God's world of omnipresent good.

When our effort is given entirely to thinking of God, the good, we find that there is only good existing for us. Since we contact God through spiritual consciousness we also contact good through the higher realms of mind. We can see that our thought is the instrument that we use in touching good. If we are to find good and to establish it in our lives, we must think of it.

God saw everything that he had made, and, behold, it was very good.—*Gen. 1:31.*

SUNDAY, JULY 14

Today's Inspiring Word: *In working out my life's problems I am responsible to God alone, the Spirit of truth within me.*

IN DOING our work we must lose sight of the personal equation. If we think that we are working for other persons we weaken our ability to work with divine principle. If we work according to the prompting of the Spirit of love, justice, order, and prosperity, we ourselves shall not only be happy and successful, but we shall also cause those whom we serve to be happy and successful. The reason for this is that our work is based upon Principle.

We are accountable to God for all that we think, say, or do. There is a certain standard to which we must conform. God's will for perfect man should be a certain ideal which we should seek to attain. At all times, we should seek to conform to this ideal.

The seeming problems of life vanish like magic when we learn the lesson of impersonality. If we think of ourselves as responsible to God alone, then we discover that God within us assumes a certain responsibility in our work. When we think that we are responsible to persons, we find that we must rely upon our own personal endeavors.

Each one of us shall give account of himself to God.—Rom. 14:12.

MONDAY, JULY 15

Today's Inspiring Word: I have no desire to be cruel or unjust. I am willing to let the justice of God within me do justice in my life and in the lives of others.



FTENTIMES there is a subconscious feeling of cruelty which is not readily detected. A person may have this tendency to cruelty and hardly be conscious of it. He may discover evidence of it in his doing injustice to others. He may hardly be aware that he exercises injustice until he comes into an understanding of Truth and develops a God-given desire to be just toward all persons.

Injustice belongs to the unenlightened man. The person who is illumined by Truth can have no desire to be cruel and unjust. The person who gains an understanding of his oneness with God and with all persons will want to be loving, kind, and just at all times.

Is there some one in your life toward whom you are unjust? Possibly you excuse yourself with the thought that you have a reason for being so. Remember, in the sight of God there are no such reasons. You have one important reason for being just toward every one: this reason is the will of God.

Do not let any thought of injustice come into your mind and attempt to justify itself.

Do justice to the afflicted.—Psalms 82:3.

TUESDAY, JULY 16

Today's Inspiring Word: *The law of Christ now operating in my life is the law of peace, health, and plenty, forever annulling any power of inharmony, disease, or lack.*

WE MUST give up all belief that disease or lack can exist, that it can operate in our lives as law. We should never think of ourselves as under the spell of bad luck or as under some law of misfortune. Remember, adversity or evil can have no law, since law is entirely the property of God, the good.

The law of Christ frees us from all belief that we are under a law of limitation. Christ's law is one of freedom. It frees us from all bondage to so-called laws of the flesh—laws that bind, laws that subjugate us to themselves.

God, as divine principle, as the law of good, is the law under which man is placed in order that he may learn to express more and more of the divine attributes. God has placed man under this law of good; consequently man is most at ease, is happiest, and is healthiest when he is conscious of the working of divine law.

We should think of ourselves as being always under this law of love, freedom, health, and plenty, and be willing to be governed by it at all times.

So fulfill the law of Christ.—Gal. 6:2.

WEDNESDAY, JULY 17

Today's Inspiring Word: *Now is the only time. I realize that the present moment is the time to be happy and healthy.*



THE BELIEF in time belongs entirely to the world of events. In Truth, there is neither past nor future. There is only the glorious now. There is only the present moment, the time of Spirit.

We cannot look to the past or to the future for our enjoyment of life. There is only the present for those who would live in the time of Spirit. In the time of Spirit we realize that joy and health belong to the present moment.

Now is the only time. The past and the tomorrow exist entirely in their relation to the present. The present time must always be the true standard of time value, and all things must be reckoned according to the present time.

Living in the present moment helps us to cure ourselves of the habit of procrastinating. If we cease to live in the tomorrow, we do not put off doing things until tomorrow.

Living in the present keeps us youthful. We do not count years when we know the truth of the present moment and realize that in Truth there is only the glorious now. Living in the now we find that we are truly living in Spirit.

And swear by him that liveth for ever and ever . . . that there should be time no longer.—Rev. 10:6 (A. V.).

THURSDAY, JULY 18

Today's Inspiring Word: *On my path, God's way, there are no difficulties or obstructions. My way is a way of peace, joy, and success.*

IF WE individually think of the path that we follow as one upon which there are hindrances to our advancement, we make a law of limitation for ourselves. We find that if we expect difficulties everywhere we shall encounter them. We see that our own obstructing thought makes obstructions for us.

God's way for us is a way of peace, joy, and success. If we continue in this way we are sure to abide in all these. If we find what is God's will for us and try to do that will, we are certain to find an easy way to fulfill it.

We need to clear our minds of all belief that difficulties beset us. We need to keep our thought clear and to know that in Truth there is but one way ahead of us, a way of joy and success. How natural it is that we, as sons of God, should be peaceful, joyful, and successful!

The way of Spirit is a short cut to happiness and success. There are no mistakes to be rectified, no steps to be retraced.

God's way for us is the ideal way that we have often desired.

God is my strength and power: and he maketh my way perfect.—II Sam. 22:33 (A. V.).

FRIDAY, JULY 19

Today's Inspiring Word: *I am unfettered and unbound, triumphant! glorious! splendid!*

This statement is the Silent Unity Illumination word to be used from July 20 to August 19.



THE light of Truth shining in our consciousness causes us to see ourselves as we exist in Truth, free and unbound. We find that we are not in bondage to beliefs of the past, beliefs in limitation, beliefs that would bind us to adverse conditions. The light of Truth illumines our consciousness and causes us to behold ourselves as we exist in Truth.

This lesson on illumination serves to release us from the many limited beliefs that would bind us to a limited life. How our souls cry out for release from limited beliefs if we have allowed ourselves to be bound by them! How our hearts rejoice when we learn Truth, and are able to free ourselves from bondage to adverse thoughts!

Unfettered! Unbound! Triumphant! Glorious! Splendid! In Truth we are now illumined by the light of Spirit and are free in the freedom of the perfect life of Spirit.

Seeing it is God, that said, Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.—II Cor. 4:6.

SATURDAY, JULY 20

Today's Inspiring Word: *Jesus Christ sets me free from the fear of sin and sickness, and the word of God restores me to harmony and health.*

This statement is the Silent Unity healing word to be used from July 20 to August 19.

BY GIVING man the great truth of life, Jesus Christ gave him that which would set him free from the belief in fear, sin, and disease. Jesus Christ knew that the Christ consciousness puts an end to the belief that fear, sin, or sickness can have power over man.

Since fear lies at the back of all adverse belief, we must remove fear from our consciousness by knowing that the thing that we fear has no place in God's world of good. If, instead of being afraid of evil conditions, we fear, honor, and respect the name of God, we shall find our world filled with that which is of God, that which we love and honor.

There is power in the word of Truth to erase all belief in adversity from our minds and our bodies. The word of Truth spoken from the spiritual consciousness—the realization that God is all in all—removes every belief that sin, fear, or disease can have power.

But unto you that fear my name shall the sun of righteousness arise with healing in its wings.
—*Mal. 4:2.*

SUNDAY, JULY 21

Today's Inspiring Word: *Jesus Christ sets me free from the fear of poverty and lack, and by the word of God I am restored to prosperity and plenty.*

This statement is the Silent Unity prosperity word to be used from July 20 to August 19.

IN THE freedom of Christ we must think of ourselves as free from poverty and lack. Free in the knowledge of Truth, we are free from those beliefs that bind us to limitation in finances. Knowing the Truth of Christ, we cannot think of ourselves as under any bondage to failure.

Fear of poverty is replaced by the consciousness of prosperity when a person knows the great universal Truth of being. Since he could not be free if he were bound to fear and lack, he must realize that in knowing Truth he also has freedom from fear and lack. Instead of being afraid and anticipating disaster in finances, he must learn to trust God and to expect success and prosperity.

Declaring the word of Truth causes us to become conscious that in the world of Truth, the world of God, there is neither fear nor lack. By the word of Truth we enter into the realization that prosperity and plenty are on every hand.

Now therefore fear ye not: I will nourish you, and your little ones.—*Gen. 50:21.*

MONDAY, JULY 22

Today's Inspiring Word: *I relax from all feeling of tenseness in mind or in body and rest in the assurance that all is well.*



TENSENESS in mind comes from entertaining beliefs that cause resentfulness or fear. If a person resents and resists persons and things he throws himself into a state of mind in which he seems to be tightening up both mind and body in order to fortify himself against the thing or person that he resists. If he entertains fear, the tightening-up process is but an exaggerated drawing away from the thing or person feared. Fear of the outcome of future events may also cause a subconscious tenseness that becomes evident throughout the physical organism.

Of course, the remedy for tenseness is relaxation. One's thought must be corrected, however, before complete relaxation can take place. The belief that has caused tenseness must be unmasked and replaced by the truth that relaxes. The truth that man is unaffected by persons and things must be realized; the truth that man is the peaceful, all-powerful son of God must be understood.

Abiding in the truth that all is well, we find that things of the external world are all right and just as we would have them be.

They rest in their beds, each one that walketh in his uprightness.—*Isaiah 57:2.*

TUESDAY, JULY 23

Today's Inspiring Word: *The joy of the Lord in me makes my joy constant and eternal and I am joyful through all situations.*

WE SHOULD think of joy as coming from Spirit and, therefore, as unaffected or unchanged by things external to us. If we know this truth and abide in the constant and eternal joy of Spirit, we shall not be sad at times and joyful at others. Remember, joy is God's will for us.

Joy that is founded upon the pleasant situations of the outer life is but a fleeting joy. It is not based upon Spirit and, therefore, is changeable. If we think that external things have power to make us joyful, by the same reasoning we think of them as having power to destroy our joy. If our joy is established in Spirit, then things of the outer world will partake of the joy that we feel within us.

Begin the day with the consciousness of joy and see how all the situations of the day seem to contribute to your joy. You will feel master over all situations and will be able to extract joy out of them.

The practical Christian must be joyful. He must give up all belief that sadness has any place in the Christian life. The truth of Christ, if rightly understood, causes us to be joyful.

Ye rejoice greatly with joy unspeakable and full of glory.—*1 Peter 1:8.*

WEDNESDAY, JULY 24

Today's Inspiring Word: *I praise God that my good fortune continues to increase and to multiply.*

PRAISING God for the good that we have soon causes us to discover that we have more good for which to be thankful. As we praise our good, we find that more good comes into our consciousness to be praised.

If we continue in the consciousness of praising good instead of finding fault with evil, we discover that there is in Truth only good. The same thought energy that has been given to finding fault is now given to praising good.

Every person has something for which to be thankful, something for which he can praise God. As he continues to give thanks for that which seems to be insignificant, he makes the discovery that he has more to be thankful for than at first appeared.

Always be willing to praise another's good qualities. By doing so you will help him to overcome characteristics that are undesirable.

Praise is magical in its work. Through praise, we cause good not only to appear where it has not been visible but also to flourish in greater measure.

From the rising of the sun unto the going down of
the same
Jehovah's name is to be praised.

—*Psalms 113:3.*

THURSDAY, JULY 25

Today's Inspiring Word: *I cease to think thoughts of evil and limitation, so that the mind of God in me may fill me with thoughts of peace, good, and power.*



F A person did not have an ideal by which he could measure his thinking he would find that his thoughts would be more or less out of his control. The mind of Truth, the mind of God, is the high ideal by which the student of Truth or the practical Christian gauges his thinking. This answers the popular question, "Why do Unity students lay so much stress upon discovering what Truth is?" We can see that if a person would seek to live in harmony with God and life, he must know what the truth of life is, what the very Truth of God is.

Knowing what Truth is we must use it as a pattern for our own thinking. We must give up thinking thoughts not based upon Truth and must think those thoughts that are in keeping with Truth. When we give up thinking thoughts contrary to God and Truth and think only thoughts of the mind of Truth, our lives are in complete harmony with God and infinite being.

The mind of God is the very foundation and essence of our minds.

That the mind of the Lord might be shewed them.—*Lev. 24:12 (A. V.).*

FRIDAY, JULY 26

Today's Inspiring Word: *The Spirit of newness pervades my mind, my body, and my world, and I live in a world where all things are made new.*



THE BELIEF in age belongs to the consciousness in which the Spirit of youth and newness has no part. If old and crystallized beliefs fill the mind, there is no place for the Spirit of newness. To be youthful and renewed we must let new ideas fill our minds.

The Spirit of God—the Spirit of life, youth, and newness—has power to revitalize old body cells, tired nerves, and worn-out bodies. When the Spirit of newness is felt in the body, a new spirit is felt throughout the organism. New life fills every part.

When students first take up the study of Truth, they begin to feel new life in mind and in body. Truth gives a feeling of youthful vitality unlike anything that they previously have experienced. This feeling of new life is the activity of spiritual forces.

In order to express new life, we need to give up all belief in age and to live in the consciousness of the new. Our thought must first feel the Spirit of newness if we are to expect newness to manifest in the body.

Behold, I will do a new thing; now shall it spring forth.—*Isa. 43:19.*

SATURDAY, JULY 27

Today's Inspiring Word: *Christ, the truth within me, defends me from every adverse situation. Christ in me is my strong tower of defense.*



WHEN Jesus gave the Christ Truth to man He gave him that which would save him from ignorance, superstition, fear, disease, and adversity. Truth, then, may be considered a defense or protection against all the adversities that follow in the train of ignorance; lack of understanding of the Truth of life.

Knowledge of Truth is man's strongest weapon because in this knowledge the very power of Christ is operating. Before the consciousness of the Christ Truth all sense of adversity must disappear. Before the realization of the nonreality of disease, the belief in disease must go. The understanding of the truth about health, therefore, saves and delivers man from the belief in disease.

Truth acts like a strong defense. Beliefs in evil fall back before it. No belief in fear, disease, or lack can penetrate the strong defense set up by Truth. Jesus taught the truth about love, health, and plenty.

In Christ, man has a defense against every adverse belief. Christ is his defender and his savior.

Wisdom is a defence.—*Ecc1. 7:12.*

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SUNDAY, JULY 28

Today's Inspiring Word: *The light of Truth illumines my mind and causes my body to be radiant with life, health, and light.*



RUTH has power to dispel shadows and negations. As light, Truth illumines everything that it touches. When Truth is given place in the mind it dispels all darkness, all ignorance, all adverse beliefs. The mind becomes illumined when Truth enters it.

When Truth manifests in the body it causes the body to give up its grossness and darkness. The body begins to become illumined and spiritualized. The old concept that we have had of the body goes, and we think of it in a new light. We see it in the light of Spirit and discover that it is light, since it is but the outer expression of the inner light.

"They that are wise shall shine." They shine because they keep the inner light bright and shining. They shine because they know the truth that the body is the temple of the living God, resplendent with His illuminating presence.

Begin to think of your body according to this teaching and you will free yourself from the illnesses to which the unenlightened physical body is subject.

Thy whole body shall be full of light.—*Matt.*
6:22.

MONDAY, JULY 29

Today's Inspiring Word: *I give up every belief in the limitations of the Adamic man in order to express more fully the Christ man within me.*

IN THE Bible the man of woe, ignorance, and misfortune is called Adam. Similarly, the man of light and mastery is called Jesus Christ, the Master. Thus, in the Bible, we have the two contrasts, just as in our own nature we seem to meet them. The Bible, then, to us becomes a textbook whereby we learn the truth of the Christ man, the ideal man within us, and are able to eradicate all traces of the Adamic man.

The first man that we encounter in our experiences, in our inner development, is the Adamic, or unregenerated man. We find him with faults, failures, and limitations. Through understanding Truth we are born into a new world in which the Christ man is our ideal. We discover that the ideal of ourselves that we have always secretly entertained is really the Christ ideal within us. We have aspired to that ideal, that something which we really are in Truth.

As we cease thinking of ourselves as being Adamic, sinful, ignorant, limited, we find that we are in reality Christlike, illumined, perfect, of God.

The first man is of the earth, earthy: the second man is of heaven.—*I Cor. 15:47.*

TUESDAY, JULY 30

Today's Inspiring Word: *In the face of adverse situations I can be still, knowing that in the stillness I receive power to correct and master every situation.*



WHEN affairs of the world seem to be jumbled and confused, a person cannot allow himself to become confused in thought. He must not allow external things to affect him.

The person who has control of himself, of his thought and emotions, is masterful. When he needs to handle a situation, he is found to have sufficient power to do so. Through his self-control he lays hold of the peace and power of Spirit at the very heart of his being. In the stillness of the great within he contacts the very power of God.

When we have a confusion of some form in our lives we see the necessity of an inner stillness from which the solution of our problem must come. At such a time, our salvation lies in getting perfectly still so that in the inner silence we may receive instructions as to what to do and also receive power to carry out the instructions.

Before the silence of Spirit all things must be restored to silence. The turmoil of the outer world is stilled when we enter the consciousness of the powerful silence of Spirit within us.

Their strength is to sit still.—Isa. 30:7 (A. V.).

WEDNESDAY, JULY 31

Today's Inspiring Word: *Knowing the truth of my inner being, I can permit nothing false and untrue to God, the principle of Truth, to exist in my life.*



WHEN we know the truth about health we do not believe the falsehood that disease has power or reality. Knowing the truth that man is the son of God we do not believe the lie that man is weak.

If we know the truth that God is the source of prosperity and that we are constantly at one with Him, we cannot believe the falsehood that we can ever lack prosperity. Knowing the truth about prosperity puts an end to the false belief in lack.

Knowledge of Truth annihilates the existence of any erroneous belief. If we have believed a falsehood about ourselves, we correct the falsehood through knowing Truth. We must remember that that which is true according to appearances may be false according to Truth. According to appearances man may manifest disease, but according to Truth man is the image and likeness of God. Only by holding to the absolute Truth are we able to make the perfect demonstration.

Our salvation from false belief lies in the power of Christ, enlightened belief.

He that uttereth truth showeth forth righteousness.—*Prov. 12:17.*

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